

News Briefs

Student spouses group

Past, present and future student spouses are invited to a Columbus Officers' Spouses' Club Student Spouses Group social at 2 p.m. Tuesday at the base pool. The event provides spouses an opportunity to meet new people and build resources. For more information, call (319) 931-0980.

Veterinary clinic

A veterinary clinic will be from 1 to 5 p.m. June 17 and 8 a.m. to noon June 18. To make an appointment, call Ext. 2281 between noon and 5 p.m. Wednesday.


MPF hours of operation

The military personnel flight is now closed every Thursday from noon to 4:30 p.m. Hours of operation are from 8:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 8:30 a.m. to noon Thursday. For emergency services Thursday afternoons, have your squadron commander or first sergeant contact Maj. Craig Peltz at Ext. 2611 or Senior Master Sgt. Cristi Bowes at Ext. 2643.

Dorm dinner

The June dorm dinner is at 5 p.m. Thursday at the chapel annex. The menu is steak and potatoes grilled by BLAZE TEAM senior NCOs. Donated side items should be dropped off at the chapel by 4:30 p.m. Thursday. For more information, contact a first sergeant or call the chapel at Ext. 2500.

Inside



FEATURE 10

SUPT Class 05-10 graduates at 10 a.m. today at the base theater.

COLUMBUS AFB TRAINING TIMELINE											
PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-05)	-5.65 days	-2.36 days	July 21	48th (05-10)	0 days	-0.21 days	Today	T-37	859	593	20,513
41st (06-04)	3.06 days	0.52 days	June 28	50th (05-10)	2.0 days	0.04 days	Today	T-38C	367	302	10,315
								T-1A	342	342	9,276
Graduation speaker: Lt. Gen. John Regni, Air University commander											

Aiming high



2nd Lt. Ryan Hardy

Students from Specialized Undergraduate Pilot Training Class 06-03 prepare to don helmets and oxygen masks in the aerospace physiology unit altitude chamber. While in the chamber, students experience a simulated climb to 25,000 feet, during which they gain familiarity with personal hypoxia symptoms, such as dizziness, blurred vision and lack of muscle control.

DEFY seeks children, volunteers

More than 40 volunteers are needed for the 2005 Drug Education For Youth program leadership summer camp June 20 through June 25 at the 14th Services Division Complex.

Both full-time and part-time positions as mentors and facilitators are available, as well as behind-the-scenes staff.

Mentors are equivalent to camp counselors and require 20 hours of training before the camp begins.

Facilitators are responsible for providing classroom instruction and require one hour of training.

“Step-by-step lesson plans and all materials are provided by the DEFY program staff,” said Vannessa Brown, program coordinator.

“Creative individuals are highly encouraged to volunteer their time and talents in making set designs and artistic innovations to teach children,” she said. “If you like working with children and being involved in the community, then this program is just for you.”

DEFY is a two-phase program

See DEFY, Page 2

New law to affect SGLI payments, premiums

Donna Miles

American Forces Press Service

WASHINGTON — Department of Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush on May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, said Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called “traumatic SGLI” benefit, Dec. 1. The legislation directs that both benefits will be retroactive to Oct. 7, 2001, Mr. Wurtz said.

Traumatic SGLI benefits will be retroactive for servicemembers who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during operations Iraqi Freedom or Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Mr. Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Mr. Wurtz said.

Servicemembers opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Mr. Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Mr. Wurtz said, except for the \$1 traumatic SGLI premium.

While these expanded benefits will be provided retroactively, affected servicemembers will not be charged retroactive payments, he said. DOD will absorb that cost.

In a new twist introduced through the supplemental legislation, servicemem-

bers with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of people who are not married, notice will be provided to the designated beneficiary when the person purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide “a quick infusion of cash” for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Mr. Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help family members of severely wounded troops leave their homes and jobs to be with their loved one during recovery.

“These families incur a lot of expenses, and this is designed to help them financially,” Mr. Wurtz said.

While VA staff members consult with DOD officials to write regulations that will put the new SGLI benefits into effect, Mr. Wurtz said, “lots and lots of details have to be worked out.”

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That is 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Mr. Wurtz said VA is confident Congress will resolve this issue before there is any lapse in coverage.

VA will continue to oversee and control the SGLI program.

DEFY

(Continued from Page 1)

The program is designed for ages 9 to 12 and limited to the first 30 registered youth. All military, civilian and contractor dependents at Columbus AFB are invited to participate.


“Everything is absolutely free for both the youth and the staff,” said Rose Lime, camp director.

All volunteers will receive T-shirts, polo shirts and sweat-

shirts. Full-time volunteers will also receive a water bottle, hat and backpack.

Mandatory training for volunteers is scheduled for 1 to 4 p.m. June 10 and June 17 at the 14th Medical Group conference room. A mandatory parent orientation workshop will immediately follow at 4:30 p.m. June 17.

For more information about DEFY or to sign up, call Ms. Lime at Ext. 2503 or Ms. Brown at Ext. 2353. (Courtesy of the 14th Medical Operations Squadron)





Tech. Sgt. Jessica Ethridge

14th Flying Training Wing

The 14th Flying Training Wing congratulates Sergeant Ethridge on winning WCBI TV-4's “My Wife Deserves It” contest. She was recognized for balancing dual-military family life with a full-time career and received prizes from various downtown Columbus sponsors.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 24 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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# Great idea saves AF money

**Crystal Toenjes**  
72nd Air Base Wing

**TINKER AFB, Okla.** — A little common sense can go a long way, and a pneudrolics mechanic here has the \$10,000 check to prove it.

“I think in common sense circles; like ‘what if we just did this, would it make a difference,’” said Kent Johnson, of the Oklahoma City Air Logistics Center’s fuel accessories shop. “Sometimes it pays off, sometimes it doesn’t.”

This time it did for Mr. Johnson who received a \$10,000 award through the Air Force’s Innovative Development through Employee Awareness program.

“We were having a real high reject rate on our augments core nozzle,” Mr. Johnson said. “Engineers were banging their heads, and mechanics were banging their heads, and I thought, ‘What if I just washed this a little bit longer and it might break down some of the hardened carbon.’ And it worked.”

The nozzle sprays fuel into the aug-

menter core band, and there are 28 with-in each aircraft engine.

Previously, parts underwent 15 minutes of washing in an ultrasonic tank to remove a buildup of hardened carbon from the inside of the nozzle, Mr. Johnson said.


“I said, if we washed it 45 minutes to an hour, it could turn out to solve the problem, and it did,” he said. “We were rejecting about 50 parts a quarter for that problem, and I cut it down to about three.”

Steve Hampton, a program analyst who reviews IDEA award submissions for accuracy for the 76th Maintenance Wing, said this idea will save the Air Force \$107,000 in its first year of implementation.

“I believe the IDEA program definitely gives employees an opportunity to submit some good ideas, like Kent has done here, and that’s definitely value added to the government,” he said. “Not only did he save us this year, it can result in a cost savings year after year.”

People interested in submitting an idea should visit <https://ipds.mont.disa.mil> or call Tech. Sgt. Rhonda Knipmeyer at Ext. 2354.

## Outdoor classroom



Airman 1st Class Cecilia Rodriguez

**Airman 1st Class Anthony Smith, 14th Flying Training Wing chapel staff, performs daily rituals with his tribe, The Ammiel Clan, during their opening Vacation Bible School tribe time Wednesday. “The base chapel had a wonderful Vacation Bible School with 131 children in attendance and more than 60 volunteers,” said Joy Garrison, 14th FTW chapel staff. “We would like to thank all of our volunteers, the parents of the children who attended, the children for being so great and all of the base agencies that helped us make this event happen. God bless you all!”**

## Congrats reenlistees

The 14th Flying Training Wing congratulates its most recent Air Force reenlistees:

**Senior Airman Michael Haney,** 14th Communications Squadron; and **Tech. Sgt. Ronald Walling,** 14th Medical Support Squadron.

## Career Assistance Advisor Tip of the Week

I would like to contribute more to my Montgomery G.I. Bill. Is there a program that allows me to do this?

**Yes, its called the MGIB Buy-up or “Kicker.” This program allows those already enrolled in MGIB (under Category I) to contribute up to \$600 more for a total contribution of \$1,800. What does this extra \$600 get you? The 'kicker' can net you up to \$150 extra per month above the standard MGIB pay rate — that’s an increase in benefits of \$5,400 over 36 months!**

*For more information on MGIB benefits and how to participate in the Buy-up program, log on to [www.gibill.va.gov](http://www.gibill.va.gov). To learn more about career benefits, call Master Sgt. Shelli Fisher at Ext. 7009.*

# How to handle junk mail faxes

For those offices who periodically receive junk faxes, such as unsolicited sales offers and great vacation deals for \$199, there is a remedy.

First, the office should call and make the offending fax company aware of the situation. Typically the fax contains a contact phone number frequently located at the top of the fax.

Once contact has been made, the office should inform the company it did not request such a fax to its number and that it is illegal.

The office should clarify it wishes to be removed from the company’s listing. The office should also inform that if another fax is received, a complaint will be filed with both the state attorney general and the Federal Communications Commission.

Those offices that continue to receive junk faxes should follow through and file a complaint. The state attorneys general are listed at [www.naag.org](http://www.naag.org).

To make a complaint with the FCC, anyone can call (888) 225-5322 toll free or complete the online complaint form located at [www.fcc.gov/cgb/complaints.html](http://www.fcc.gov/cgb/complaints.html).

If junk faxes become a problem, contact the legal office at Ext. 7030. Those who have difficulty filing an FCC complaint can also contact the legal office. *(Courtesy of the Air Force Flight Test Center Information Technology Directorate)*

# New launch date projected for new civilian personnel system

**Donna Miles**  
American Forces Press Service

**WASHINGTON** — The first phase of the Defense Department’s new National Security Personnel System has been adjusted slightly, to later in the fiscal year, NSPS officials said Tuesday.

The Defense Department will work with the Office of Personnel Management to adjust the proposed NSPS regulation based on public comments and the meet-and-confer process with employee representatives, said Mary Lacey, NSPS program executive officer.

These revisions will be published in the Federal Register later this summer, and implementation of NSPS could begin 30 days after the publication.

However, officials stressed that the start date is “event driven” and that implementing instructions must be in place and training must be under way before the system gets rolled out.

Officials had hoped to begin the first phase of the rollout, called Spiral One, July 1, but said all along that the launch date could change.

“That (implementation) date is flexible, because we are not going to implement it until we are ready,” said Charles Abell,

principal deputy under secretary of defense for personnel and readiness.

NSPS officials said the labor relations part of the program is now expected to begin by September, followed by the performance management element of the human resources system early in fiscal 2006.

All civilian employees will receive the 2006 general pay increase before the pay-for-performance provisions of NSPS begin, officials said.

Spiral One, which will initially affect 60,000 employees, will eventually include about 300,000 U.S.-based Army, Navy, Air Force and DOD-agency civilian

employees and managers.

After that, the system will be introduced incrementally over the next two or three years until all 700,000 eligible DOD civilian employees eligible are included, officials said.

The system will be upgraded and improved as it goes forward, they said.

The National Security Personnel System is one of Defense Secretary Donald Rumsfeld’s key initiatives designed to transform DOD operations to better meet 21st-century needs.

It replaces an outmoded, 50-year-old civilian personnel management system that had rewarded employees for longevity, he said.

Instead, the new system incorporates a performance-based pay system in tandem with a restructuring of the civilian work force to better support department missions. For more information about NSPS, call Ext. 2648.

# Space launch program advances



Mark Mackley  
**The main engine of the Falcon I rocket ignites during a full-wet dress rehearsal at Vandenberg AFB, Calif., recently.**

**Airman 1st Class Stephen Cadette**  
30th Space Wing

**VANDENBERG AFB, Calif.** — A successful test of the Falcon I launch vehicle here recently put the Air Force one step closer toward acquiring a less expensive means for lifting payloads into space.

On its maiden flight, Falcon I will carry a Defense Department satellite. This flight follows the launch of the last Titan IV here in late summer, officials said. This is the first of three scheduled Falcon I launches for the Space and Missile Systems Center at nearby Los Angeles Air Force Base.

The test run included a countdown sequence and ignition of the main engine. It tested Falcon vehicle systems and range safety interfaces to ensure optimal operations during the upcoming launches, said Dianne Molina, marketing manager for Space Exploration Technologies.

“The full launch wet dress rehearsal marks the completion of the largest milestone remaining before launch,” said Elon Musk, chief executive officer of the company. “In a few months, we will receive Air Force clearance to fly, and Falcon I will make its maiden voyage.”

Falcon I is a mostly reusable, two-stage, liquid oxygen and rocket-grade kerosene-powered launch vehicle. It will carry a 1,500-pound payload to low-earth orbit, and, at \$5.9 million per launch, is the world’s lowest cost-per-flight-to-orbit production rocket, company officials said. The cost does not include payload-specific costs and range-related fees. *(Courtesy of Air Force Space Command News Service)*


## DUI status

**“Don’t Drink and Drive”**

**Last DUI:** March 25, 2005

**Days since last DUI:** 77

**Unit:** 37th Flying Training Squadron



## Major selects



The 14th Flying Training Wing congratulates the following officers on their selection for major:

**Kenneth Bridges,** 48th Flying Training Squadron; **Wayne Chitmon,** 50th FTS; **Paul Dupuis,** 50th FTS; **Oliver Erickson,** 50th FTS; **Christopher Hutchins,** 14th Operations Support Squadron; **Stephen James,** 50th FTS; **Derek Jewell,** 14th FTW; **Michael Keefe,** 48th FTS; **Robert King Jr.,** 43rd FTS; **Terralus Lowe,** 50th FTS; **Raymond Madrid,** 14th Mission Support Group; **Esther McElhinney,** 41st FTS; **William McElhinney III,** 50th FTS; **Stephen Miller,** 48th FTS; **Kevin Mountcastle,** 48th FTS; **Mollie Neal,** 48th FTS; **Joseph Pankey,** 14th Operations Group; **Michael Patterson,** 14th OG; **Jeffery Phillips,** 14th OG; **Rodney Russell Jr.,** 50th FTS; and **Hazel Synco,** 37th FTS.

## AFREP

The Air Force Repair and Enhancement Program is designed to help save tax money, and aircraft and equipment downtime by writing repair procedures on maintenance parts and submitting them for approval. Parts normally thrown away are instead repaired and made functional again. For more information, call David Watkins at Ext. 7539 or Randy Holmes at Ext. 2462.



# 0-0-1-3 ... How does your score add up?

**Capt. Colin Burchfield**  
14th Medical Operations Squadron

Last week I had the pleasure of attending the 2005 Alcohol and Drug Abuse Prevention and Treatment Worldwide Conference in St. Louis, Mo. This conference included speakers from various levels of government and policy making, including retired Army Gen. Barry McCaffrey, who served as one of our nation's drug czars, and Air Force Surgeon General Lt. Gen. George Taylor.

All of the speakers focused on the importance of reducing the risks associated with the use of illicit drugs, and the misuse and abuse of alcohol. Special emphasis was placed on preventing alcohol misuse and abuse in the Air Force.

The importance of reducing the risks associated with alcohol were underscored with various statistics: Alcohol is involved in 40 percent of traffic fatalities, 90 percent of sexual assaults, 72 percent of assaults, 80 percent of suicides and 65 percent of domestic violence cases.

In other words, if we can address the issue among our ranks, we can potentially tackle a slew of related problems. As the statistics demonstrate, the effects of alcohol misuse and abuse are felt personally, in the family, in the work place and in the community.

As compelling as many of the presentations were from those involved in alcohol treatment and prevention, one presentation clearly stood out from the oth-

ers. It wasn't from the psychologists or medical professionals.

Instead, it was the presentation from Col. Evan Hoapili, the wing commander at F.E. Warren AFB, Wyo. Colonel Hoapili's presentation captured the essence of the matter — what is required to combat the negative effects of alcohol misuse and abuse is responsibility.

Sadly, it seems the issue of responsibility has been excluded from the message professionals overtly present regarding the vices of alcohol. In fact, in the pursuit of knowledge regarding the use and abuse of alcohol, professionals often become more and more detached from issues of responsibility.

For example, we might consider the genetic code possibly related to the risk for alcoholism; or the environmental influences that correlate to the abuse of alcohol; or the changes in neurochemicals in the brain related to continued abuse.

Yet, the character and nature of the choices individuals make to get drunk is often disregarded in an attempt to remain objective. The context in which the misuse and abuse of alcohol occurs is also ignored.

In pursuit of more technical and scientific explanations of alcohol abuse, the most simple, straightforward, and human element of responsibility is sometimes overlooked.

Fortunately, Colonel Hoapili did not overlook responsibility. And, he had the presence of mind to

clearly articulate a means of promoting social responsibility: 0-0-1-3.

For those of you who haven't heard of this initiative, I am happy to be the first to inform you of something that will likely go Air Force-wide in the near future. 0-0-1-3 stands for zero driving under the influence charges, zero underage drinking or alcohol related incidents, one drink per hour and three drinks per sitting maximum. This formula asks those who are drinking to be responsible by monitoring their consumption.

Being responsible — while drinking or otherwise — requires courage. It means that you have to have the courage to say, "No more," even if you are being pressured by peers.

It also means that you have to be courageous enough to call your friends to the carpet when they're drinking too much. Simply put, it requires both personal responsibility and social responsibility.

I challenge you all to be courageous. I challenge you all to accept responsibility. Finally, I challenge you to commit yourself to the 0-0-1-3 formula.

**(Editor's note: A variety of on-base helping agencies are available to prevent alcohol-related incidents. Airmen in search of a safe ride home after drinking can contact a first sergeant through the command post by calling Ext. 7020, or use the BLAZE Dial-A-Ride program and call City Wide Cab Company at 329-2041. To speak with a professional about alcohol misuse and abuse, call the life skills support center at Ext. 2239 or the chapel at Ext. 2500.)**

## Uniforms: More than just clothes

**Chief Master Sgt. Alan Sagocio**  
37th Training Group

**LACKLAND AFB, Texas** — Our uniform is more than just clothing. It, like our Nation's flag, represents strength, bravery and integrity. It's a reflection of who we are and our willingness to serve.

There are thousands of Soldiers, Sailors, Marines and Airmen serving in various locations around the world. Each day they don their uniforms and go in harm's way. Many are wounded and some give their lives.

Meanwhile, Airmen stationed at home are donating money to wear civilian clothes for the day as a way to increase morale and raise funds for squadron booster clubs. Our comrades don't have that option. Instead, they are giving their lives.

Although civilian clothes days may seem to be a well-thought-out opportunity, it really sends the wrong message to all of our brothers and sisters in uniform across our military here and abroad. While others are fighting for freedom in uniform, we at home station are willing to pay \$2 not to do so for one duty day under the auspices

of improving morale. What about our comrades overseas? What about their morale?

Morale is driven by attitude and attitudes are controlled by each individual. Wearing civilian attire for one day won't make a huge difference for a unit suffering from low morale. Instead, these days foster an attitude that eats away at our discipline and standards that are required each day to execute our mission. If low morale is an issue, instead of looking to civilian clothes days as a possible solution, leaders need to talk to their people and find out what is really irritating their morale.

I believe our Soldiers, Sailors, Marines and Airman don't mind wearing the uniform. It's the inconsistencies in leadership and a lack of understanding of our basic core values that frustrates them. Leaders who allow Airmen to pay not to wear their uniforms runs counter to our core values.

Leading from out-front with a positive attitude makes all the difference.

Let's do our part, wear our uniforms with pride, wear them sharply and embrace our basic core values.

No more civies for dollars!

## Straight Talk Line

*The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program at <https://columbusweb> and [www.columbus.af.mil](http://www.columbus.af.mil). Questions and answers will be edited for brevity.*



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## The United States Air Force Spouse Pin Program



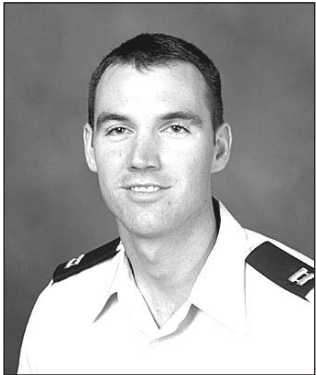
[www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com)

Recognizing the Spouses of America's Air Force

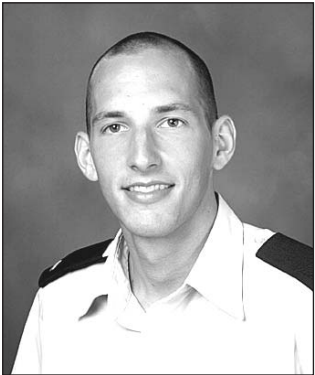




**Capt. Galym Salmenbayev**  
Taldikorgan, Kazakhstan  
MiG-27, Getisu Barisi, Taldikorgan



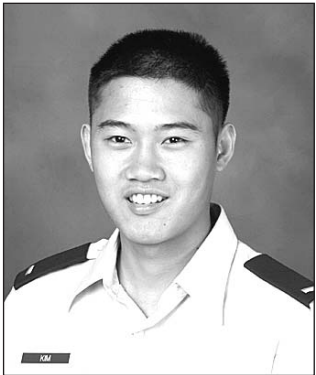
**Capt. Douglas Williams**  
Shelbyville, Tenn.  
KC-10, Travis AFB, Calif.



**1st Lt. Kelly Church**  
Columbus, Ga.  
KC-135, Grand Forks AFB, N.D.



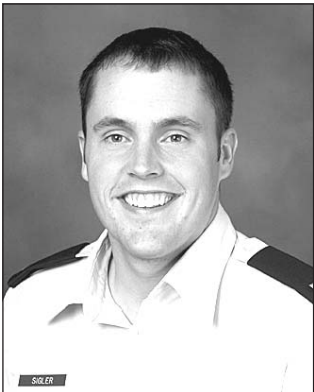
**1st Lt. Brad Howell**  
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F-15C, Tyndall AFB, Fla.



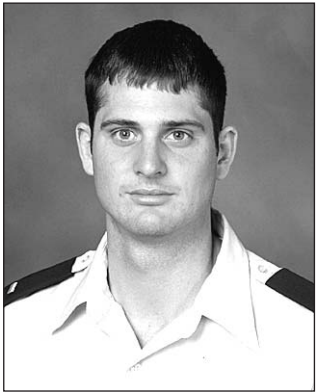
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Maplewood, Minn.  
C-130, Little Rock AFB, Ark.



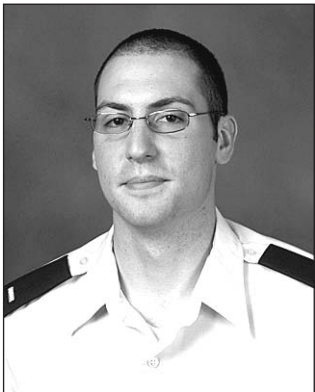
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Littleton, Colo.  
F-16, Luke AFB, Ariz.



**1st Lt. Nicholas Sigler**  
Davenport, Iowa  
F-15C, Tyndall AFB, Fla.



**1st Lt. Anthony St. Aubyn**  
Highland, Ind.  
F-16, Luke AFB, Ariz.



**1st Lt. Thomas Zaremba**  
Hunlock Creek, Penn.  
F-15E, Seymour Johnson, N.C.



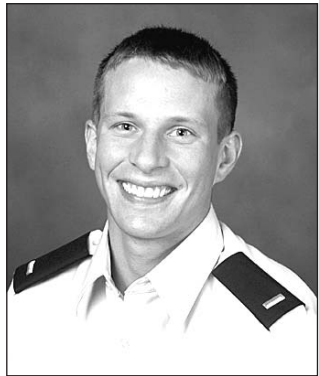
**2nd Lt. Judith Coyle**  
Snoqualmie, Wash. (ANG)  
KC-135, Fairchild AFB, Wash.



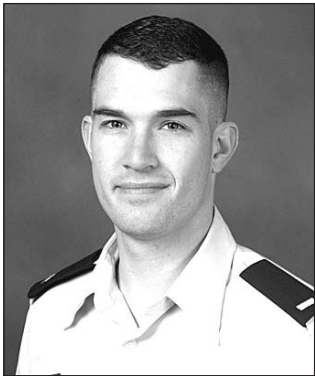
**2nd Lt. Scott Davis**  
Boring, Ore.  
KC-135, McConnell AFB, Kan.



**2nd Lt. Ivan Guerrero**  
Omoa, Honduras  
F-5, HCM AFB, Honduras



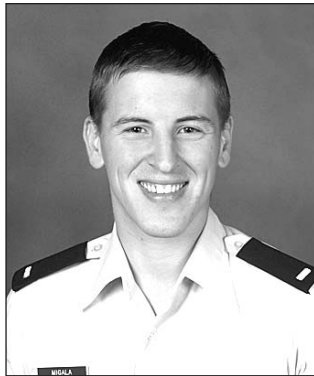
**2nd Lt. Andrew Hazelton**  
Wellsboro, Penn.  
KC-135, Grand Forks AFB, N.D.



**2nd Lt. Jason Hurt**  
Colorado Springs, Colo.  
C-21, Scott AFB, Ill.



**2nd Lt. Adrian Martin**  
Kailua, Hawaii  
C-17, McChord AFB, Wash.



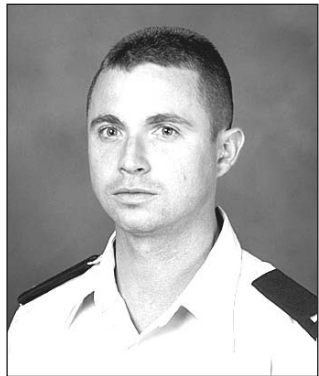
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Chicago, Ill.  
C-17, McChord AFB, Wash.



**2nd Lt. Alyson Riffey**  
McDonough, Ga. (AFRC)  
C-17, Charleston AFB, S.C.



**2nd Lt. Taro Sato**  
Tokyo, Japan  
F-15J, JASDF



**2nd Lt. Peter Stipetich**  
Houston, Texas (AFRC)  
C-5, Kelly AFB, Texas



**2nd Lt. Ryotatsu Tanehashi**  
Hiroshima, Japan  
F-2, JASDF

# SUPT Class 05-10 earns silver wings

Twenty-nine officers have prevailed during a year of training, earning the right to be an Air Force pilot. Specialized Undergraduate Pilot Training Class 05-10 graduates at 10 a.m. today during a ceremony at the theater.

The graduation speaker is Lt. Gen. John Regni, Air University commander, Maxwell AFB, Ala. Air University provides the full spectrum of Air Force education, from pre-commissioning to the highest levels of professional military education, including degree granting and professional continuing education for officers, enlisted, and civilian personnel throughout their careers.

Students receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

Capt. Douglas Williams, T-1, and 1st Lt. Thomas Zaremba, T-38, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt. Jason Hurt, T-1, and 1st Lt. Anthony St. Aubyn, T-38. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense.

Captain Williams, Lieutenant Zaremba and 2nd Lt. Harry Albaugh, T-1, were named distinguished graduates.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic

T-37 Tweet. Some complete this phase in the single-engine, turboprop T-6A Texan 2 at Moody AFB, Ga. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

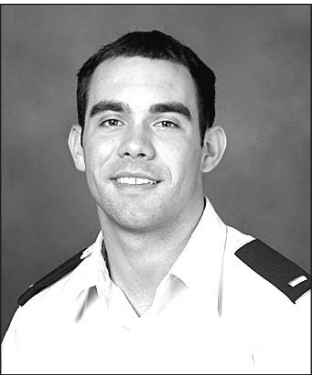
Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38 Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes about 26 weeks and includes 381 hours of ground events, 31.6 hours in the flight simulator and 118.7 flying hours.

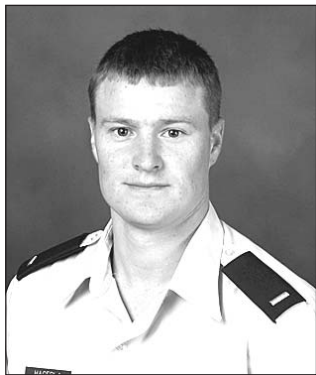
The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place business jet.

Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 flying hours.

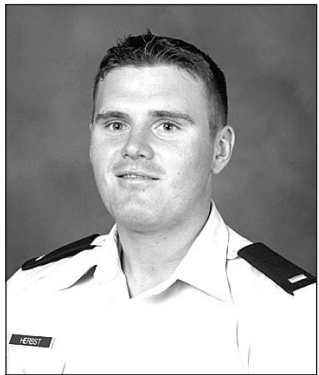
The class reunites on graduation day, when students receive the aeronautical rating of pilot and begin their careers as U.S. Air Force pilots. *(Editor's note: The class's pilot partners are Taloney Air Service and Cartney-Hunt House.)*



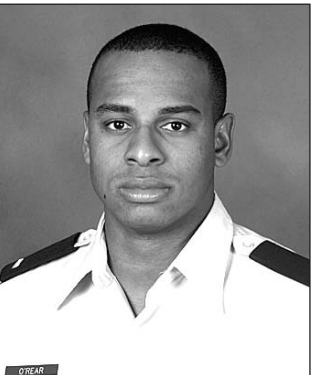
**1st Lt. Matthew Griffin**  
Forsyth, Ga.  
T-37, Columbus AFB, Miss.



**1st Lt. Kelby Hagerla**  
Edina, Mo.  
C-17, Charleston AFB, S.C.



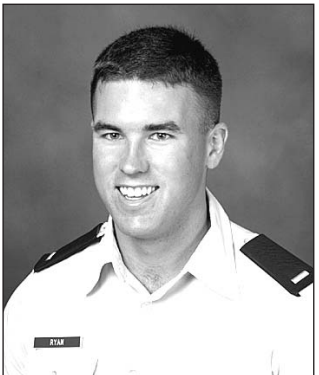
**1st Lt. Justin Herbst**  
Bainbridge Island, Wash.  
C-17, Charleston AFB, S.C.



**1st Lt. Jonathan O'Rear**  
Denver, Colo.  
F-15C, Tyndall AFB, Fla.



**1st Lt. Jessica Regni**  
Fairfax, Va.  
C-17, Charleston AFB, S.C.



**1st Lt. John Ryan**  
Wheaton, Ill.  
T-37, Columbus AFB, Miss.



**2nd Lt. Harry Albaugh III**  
Camarillo, Calif. (ANG)  
C-130J, Channel Islands ANGB, Calif.



**2nd Lt. Douglas Barnett**  
Corsicana, Texas (AFRC)  
C-5, Kelly AFB, Texas



**2nd Lt. Nicholas Browning**  
Ellensburg, Wash.  
C-130, Ramstein AB, Germany



# Variety of base recreational programs available

## Teed off!



Pam Wickham

**Lt. Col. William Sherman, 14th Mission Support Group deputy commander, takes the first shot off the new tee boxes at Whispering Pines Golf Course Tuesday as Fred McKenney, 14th Services Division director, waits his turn. People can register for the Super Sonic Scramble June 18 and June 19 at the golf course now through Saturday. Entry is \$200 per team and includes greens fees, prize fund, free beverages and lunch, and prizes for closest to the pin and longest drive contests both days. Call Ext. 7861.**

**Midnight rock and bowl:** The bowling center offers midnight bowling from 10 p.m. to 2 a.m. today and Saturday. Patrons can rent one lane for up to 6 people for \$10 an hour including shoe rental. Call Ext. 2426.

**Trip to Geyser Falls:** The information, ticket and travel office offers a trip to the Geyser Falls Water Park in Philadelphia, Miss., Saturday. Cost is \$30 for club members and \$33 for nonmembers and includes transportation and a ticket to the park. Call Ext. 7861.

**Missoula children theater auditions:** Auditions for “The Wizard of Oz” are at 10 a.m. Monday at the youth center for children in kindergarten through 12th

grades. Practice will be held every day. The performance is scheduled for 3 p.m. June 18 at the youth center. Call Ext. 2504.

**Teen trip to Visionland:** The youth center offers a trip to Visionland in Birmingham, Ala., Wednesday for ages 13 and older. The bus leaves at 8 a.m. and returns at 6 p.m. Cost is \$37 for youth center members and \$42 for nonmembers. Registration at the youth center is required by Monday. Call Ext. 2504.

**Home decor classes:** Participants can make a small buffet Thursday or a wine rack at 10:30 a.m. or 6:30 p.m. June 30 at the arts and crafts center. Cost is \$40 to make the buffet and \$25 to make the wine rack includ-

ing all supplies. A display of the projects is available at the center. Call Ext. 7836.

**Casino trip:** The information, ticket and travel office offers a trip to Philadelphia, Miss., June 17. Cost is \$25 for club members and \$28 for nonmembers. Prices include transportation, a buffet and \$15 in coins. Call Ext. 7861.

**Free car wash and auto hobby shop specials:** The auto hobby shop will allow free use of the self-service car wash from 10 a.m. to 2 p.m. June 18. The car wash is located behind the youth center.

The shop also offers an oil change and tire rotation for \$25 or an oil change, tire rotation and balance for \$40 throughout June. For an appointment, call Ext. 7842.

**Club membership drive:** The club membership drive is from 9 a.m. to 2 p.m. June 18 in the base exchange lobby. Club members may register to win one of five \$100 Army and Air Force Exchange Service gift certificates. People who become club members during the membership drive will receive an AAFES certificate for a 10-percent discount on a television, lawnmower or grill and a free Subway sandwich. Call Ext. 2490.

**Scrapbooking class:** A scrapbooking class is from 8:30 to 11:30 a.m. June 18 at the 14th Services Division Complex. Registration is required by Thursday. Cost is \$7.50 including supplies. To register, call 434-6935.

**Father’s Day brunch:** The Columbus Club offers a Father’s Day brunch from 10:30 a.m. to 1:30 p.m. June 19. Reservations are encouraged but not necessary. Cost is \$12.95 for club members and \$15.95 for nonmembers. Ages 6 to 12 eat for \$6.50 and ages 5 and younger eat free. Menu includes carved prime rib, barbecue brisket and chicken, corn on the cob, mashed potatoes with chicken gravy, baked beans, potato wedges, julienne vegetables, veggie tray, assorted cheese and cracker tray, fruit tray, garden salad with assorted dressings, hot rolls, omelet and waffle station, bacon, scrambled eggs, sausage, hash browns, sausage gravy, buttermilk biscuits, assorted homemade desserts and champagne. Call Ext. 2490.

**Youth center camps:** The youth center offers several summer camps for base youth. A Spanish camp is from 9 to 11:30 a.m. for ages 9 to 13 and 12:30 to 3 p.m. for ages 6 to 8 June 20 through June 24. Cost is \$20 for

youth center members and \$25 for non-members.

An art camp is from 4 to 5 p.m. for ages 9 to 12 and 5:30 to 6:30 p.m. for teens June 20 through June 24 at the 14th Services Division Complex. Cost is free for youth center members and \$10 for nonmembers.

A space and rocketry science adventure camp is from noon to 3 p.m. June 27 through June 30. Participants will build a rocket and learn about space and science. Cost is free for youth center members and \$10 for non-members. Call Ext. 2504.

**Stampin’ Up:** Stampin’ Up classes are from 7 to 9 p.m. June 21, 9 to 11 a.m. June 23 and 1 to 3 p.m. June 25 at the 14th Services Division Complex. Participants will make 15 cards using basic techniques. To register, call the youth center at Ext. 2504.

**Monte Carlo night:** The Columbus Club hosts Monte Carlo night from 6 to 9 p.m. June 23 at the 14th Services Division Complex ballroom. Cost is \$10 for \$300 in chips for club members and \$15 for non-members. Re-buys are available until 8 p.m. An auction will begin at 9 p.m. Call Ext. 2490.

**Summer reading program:** The base library summer reading program meets from 1 to 2 p.m. every Wednesday. Children in first through sixth grades are invited to participate. Call Ext 2934.

**Columbus Club lunch buffets:** The Columbus Club offers a different buffet Tuesday through Friday. Cost is \$5.95 for club members and \$7.95 for nonmembers. Tuesday features Mexican cuisine, Wednesday is country-style cooking, Thursday has an Italian flare and Fridays offer a tri-continental selection of German, Asian and New England seafood. Call Ext. 2490.

**Bowl for the Stars and Strikes:** Bowling center patrons will “get punched” for every game or large Coca-Cola purchased during this summer-long program. Customers who accumulate 10 punches on their punch cards will receive two free games of bowling, a free soda and will be entered into a monthly drawing for a bowling ball. Call Ext. 2426.

**Stained glass classes:** The arts and crafts center offers night-time stained glass classes for \$30 per person. Cost includes all supplies. Class dates and times will be determined by the participants. Call Ext. 7836.

## Family Support Center

**(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)**

### Local employment

A workshop about employment opportunities with local businesses, the 14th Services Division and government applications is from 1 to 2 p.m. every Wednesday. Resumes and other job applications will also be discussed.

### Hearts Apart social

A social gathering for families of personnel deployed or remote for more than 30 days is from 5:30 to 7:30 p.m. Thursday. Information, refreshments and prizes are provided.

### Air Force Aid Society

The AFAS offers 24-hour emergency assistance. Possible aid includes interest-free

loans, grants, car repairs and emergency travel. For more information, call the family support center.

## Chapel Schedule

### Catholic

Sunday:  
9:15 a.m. — Mass  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass

### Protestant

Sunday:  
9 a.m. — Adult Sunday school and children’s one room Sunday school  
10:45 a.m. — Combined service (Contemporary/Traditional)

### Lunch time Bible study

“The Fruit of the Spirit,” a Bible study by Stuart Briscot, will begin Wednesday from 11:30 a.m. to 12:30 p.m. at the chapel annex. For more information, call the chapel at Ext. 2500.

## Base Notes

### SAT/ACT testing

The education center will administer the Scholastic Aptitude Test at 8 a.m. Tuesday and the American College Test at 8 a.m. June 21 for active-duty military members who need to take the exams for education advancement or service-related programs, such as a commissioning program. A limited number of exams is available, and personnel will be scheduled on a first come, first served basis after a need to take the exam has been verified. To sign up or for more information, call the education center at Ext. 2562.

### Free movie preview

A free move preview is scheduled for 7 p.m. June 18 at the base theater. Movie information and tickets are available at the base exchange. BLAZE TEAM members are encouraged to arrive at the preview early, as seating will be on a first come, first served basis.

# Hug A Bear



Airman 1st Class Cecilia Rodriguez

**Lee Chouinard and Patsy Wood of the Columbus AFB family support center and Mississippi Highway Patrol Officers Tommy Coleman and Steve Gladney marvel at the number of stuffed animals collected during the recent Hug A Bear drive. The family support center partnered with the Mississippi Highway Patrol to collect small new or used stuffed animals to donate to the troopers. The toys are kept in their police cars to comfort children whose families are involved in accidents, traffic stops and domestic calls. This year, Columbus AFB donated 626 stuffed animals to the Hug A Bear program — twice as many as the past two years combined.**

# Movies

### Today

**“The Interpreter”** (PG-13, violence, some sexual content and brief strong language, 128 min.)  
Starring: Nicole Kidman and Sean Penn.

### Saturday

**“The Hitchhiker’s Guide to the Galaxy”** (PG, thematic elements, action and mild language, 115 min.)  
Starring: Martin Freeman and Mos Def.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit [www.cafb.services.com](http://www.cafb.services.com).



**Christopher Columbus replica:** The public is invited to visit the Nina, a replica of Christopher Columbus' favorite ship, for a walk-aboard, self-guided tour between 9 a.m. and 6 p.m. now through Monday at the Columbus Marina. Cost is \$5 for adults, \$4 for senior citizens, \$3 for ages 5 to 18 and ages 4 and younger are admitted free. No reservations are needed. The marina is located at 3249 Wilkins-Wise Road.

**Noon Tunes:** Local musical artists will perform from 11 a.m. to 1 p.m. Thursday at the Trotter Convention Center Courtyard. The event is free and open to the public. For more information, call 328-6305.

**St. Jude Children's Hospital fundraiser:** BLAZE TEAM members are invited to participate in the St. Jude Children's Hospital Stamp-A-Thon from 10 a.m. to

2 p.m. Saturday at Franklin Academy Elementary, located at 501 3rd Ave. North in downtown Columbus. For a suggested donation of \$15, participants will make five hand-stamped projects and lunch will be provided. Registration is required by June 4. For more information or to sign up, call Heather Andrus at 434-5076.

**JuneTeenth celebration:** A JuneTeenth Festival celebrating the Emancipation Proclamation is June 17 and June 18 at Sim Scott Park located at 902 20th Street North in downtown Columbus. The event is free and open to the public. Food, music, softball games, and activities for both children and senior citizens will be featured. For more information, call 328-2491 or 329-5871.

**Patriotic celebration:** East End Baptist Church

sponsors the 11th Annual Let Freedom Ring patriotic celebration at 7 p.m. June 25 and 4 p.m. June 26 at Heritage Academy High School. The event is free and open to the public. Heritage Academy is located on Magnolia Lane in downtown Columbus. For more information, call Gary Walker at 328-5915.

**Volunteers needed:** The United Way of Lowndes County recently celebrated the grand opening of its Community Volunteer Center. BLAZE TEAM members can contact the center to learn of volunteer opportunities by calling the center at 549-4144, e-mailing Volunteercenter@unitedwaylowndescounty.org or visiting the center at 501 Seventh St. North, Plaza Building, Suite 4.

For more event listings, visit [www.columbus-ms.org](http://www.columbus-ms.org).

## BARGAIN LINE

### Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)    Home    Transportation    Miscellaneous    Yard sales    Pets

Print advertisement \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Home Telephone # \_\_\_\_\_ Duty Telephone # \_\_\_\_\_  
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings?    Yes ☐    No ☐

What would you like to see more of in the newspaper?    News ☐    Sports ☐    Photos ☐    Other \_\_\_\_\_

## Shorts

### Poker fun run

This fun run begins at 7 a.m. June 17 in front of the fitness center. Participants will pick up a card at each station and the person with the best poker hand is declared the winner. For more information, call Ext. 2772.

### Adult Golf 101

A class about golf fundamentals is from 5 to 6 p.m. June 20 through July 1 on Mondays, Wednesdays and Fridays. The class is limited to 20 people. Cost is \$20 per person and includes a hat, ditty bag, rule book, golf balls and a putter.

### AFA golf tournament

The Golden Triangle Chapter of the Air Force Association sponsors its 17th Annual POW/MIA Golf Tournament June 25 at the Columbus Country Club with a shotgun start at 1 p.m. Entry fee is \$40 per player for the one-day, three-person scramble. Ladies and mixed teams are welcome.

Tournament prizes include round-trip airline tickets for the overall winners; and prizes for "flag events," such as longest putt and closest to the pin, will also be distributed. Participants who make a hole-in-one will win a vehicle from the Columbus Carl Hogan dealership.

Registration is from 11:30 a.m. to 12:30 p.m. June 25 at the Columbus Country Club Pro Shop. All proceeds from the tournament will support scholarships for enlisted active-duty personnel, Air Force ROTC cadets and aerospace education in Golden Triangle public schools. For more information, contact Dwain Stephens at 434-2645 or 240-4046; or e-mail dwain.s@lycos.com.

### Sunfish Triathlon

The 19th Annual Sunfish Triathlon is July 9 at Lake Okatibbee outside of Meridian, Miss. Awards will be given to the top active-duty military finisher and the top military team for this year's event. For more information, visit [www.meridianathletic.com](http://www.meridianathletic.com).

### Soccer balls for Iraq

The YMCA Board of Directors and Amory Kiwanis Club are currently collecting new or used soccer balls to send to Iraq. Some troops have discovered the children there enjoy soccer. Donations may be dropped off at the fitness and sports center. Call Ext. 2772.

### Season swimming passes

Season passes for Independence Pool are on sale now at outdoor recreation. The pool is open from 11 a.m. to 7 p.m. Monday through Friday, and from noon to 7 p.m. Saturday and Sunday. Cost is \$1 per day for eligible patrons and their family members or \$2 per day for non-family member guests. Admission will be free throughout July due to the profits of the base recycling center. For more information, call Ext. 2507 or Ext. 2491.

# 10 best reasons to avoid low-carb diets

Just as your car runs best on a certain type of fuel, so does the human body. Unfortunately, the latest low-carbohydrate fad diets are not the fuel mix the human body was designed to run on. These diets can cause quite a few health risks over the long run. Here are the top ten:

**1. Risk of heart disease is greatly increased on a low-carb, low-fiber diet that is high in animal protein, cholesterol and saturated fat.** All three raise serum cholesterol, particularly LDL or "bad" cholesterol. Elimination of high-carbohydrate, high-fiber plant foods that help lower cholesterol compounds this problem.

**2. The risk for many cancers is likely to increase when most fruits, vegetables, whole grains and beans are eliminated from the diet.** Based on the bulk of scientific research, the National Cancer Institute currently recommends that you eat a plant-based diet that is high in fiber and low in fat for optimum health.

**3. Low carbs can result in poor long-term weight control.** There in no metabolic magic in low-carb diets. Those who continue to lose weight after the first week do so because they decrease calorie intake. But be warned — a reduction in food variety most often leads to boredom and cravings over the long run. One recent study showed that a high protein meal leads to a greater tendency to binge on foods high in sugar and fat later in the day.

**4. Athletic performance is reduced on a low-carb diet.** Since the 1930s, it has been known that a high-carb diet can enhance endurance during strenuous athletic events.

**5. Blood pressure will likely increase with age on a typical low-carb diet.** This is partly because a high-carb, high-fiber diet includes more fruits, vegetables, whole grains and nonfat dairy products. These foods, all high in magnesium, potassium and calcium, were the mainstay of the DASH diet, which was shown to lower blood pressure. Additionally, low-carb diets do not restrict salt intake — the main reason blood pressure rises with age.

**6. An excess of uric acid in the body causes gout.** This excess can be caused by an increased intake of foods high in purines, which are broken down into uric acid in the body. Meat, poultry, nuts, seeds, eggs and seafood are all fairly high in purines.

**7. You have a greater chance of developing kidney stones.** Both uric acid and calcium oxalate (or kidney) stones are more likely to form on a high protein, ketogenic diet than one a higher carb diet with more fruits and vegetables.

**8. A low-carb diet can con-**

**tribute to osteoporosis.** Excess protein intake, especially from animal sources, increases the loss of calcium in the urine over time, which may contribute to osteoporosis.

**9. You're more likely to faint.** Orthostatic hypotension, or a rapid drop in blood pressure when you lie down and then stand up, is caused by a loss of fluid, electrolytes and reduced sympathetic nervous system activity. Both of these occur when your body is deprived of carbs.

**10. Low-carb diets could cause keto breath.** Keto-breath can be described as a cross between nail polish and over-ripe pineapple. This is common for dieters who consume so few carbs that they put their bodies in a state of ketosis.

The bottom line is that your best bet for a permanent weight loss and good health is threefold:

Increase the amount of fruits, vegetables, nonfat dairy products and whole grains and beans you consume.

Eliminate calorie-dense foods that are high in fat and refined carbs such as cookies, sugary desserts, bagels, crackers, chips, fries, pizza and candies.

Exercise on a regular basis. Research has shown that people who successfully lost a lot of weight and kept it off succeeded by consuming a high-fiber, low-fat diet coupled with regular exercise.

For more information on healthy diet and exercise, call the health and wellness center at Ext. 2477.

*(Courtesy of the HAWC)*



# A diamond in the rough

Diane Stone, 14th Comptroller Squadron, prepares to chip toward the green during the Columbus AFB First Sergeants Council Diamond 1 Golf Tournament June 2. A four-person Sonic Scramble golf tournament is June 18 and June 19 at Whispering Pines Golf Course. Two shifts are at 9 a.m. and 1 p.m. Entry is \$200 per team. Mulligans are \$40 per team, which allows each player one mulligan. Golf carts are reserved on a first come, first served basis and are \$15 per person for the weekend. For more information, call the golf pro shop at Ext. 7932.

2nd Lt. David Rabe